

**FORGET 2020
MAKE 2021
SOMETHING**

**Oxfordshire
Adult
Learning**

PROVIDED BY ABINGDON & WITNEY COLLEGE

NEW



Oxfordshire Adult Learning have recognised that this is a difficult time for many.

Following the popularity of our previous courses, we are delighted to be able to offer two further FREE short courses designed to support you and your family.

All courses delivered live via Microsoft Teams.

An introduction to mental health understanding

Course code: ZCZS005P

In this challenging time everyone is aware that an individual's mental health is under constant pressure. This course is designed to help you appreciate what mental health is, the negative and positive impacts to mental health and most importantly give tips on how to deal with some of the challenges involved.

Date: Monday 1st March & 8th March (Run once a week over 2 Weeks)

Time: 19:00-21:00

How to teach your homeschooled child effectively

Course code: WPZS000P

Ideal for those who are homeschooling for the first time either through the necessity of lockdown or through choice this is a short course of practical tips on how to engage with your child's or young person's education whilst working from home or simply having a child at home.

Date start: Tuesday 23rd February -16th March (Run once a week over 4 Weeks)

Time: 19:00-21:00

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Please visit our website to enrol:

www.abingdon-witney.ac.uk

Or alternatively email:

oal.southandeast@abingdon-witney.ac.uk